

CONSENT FOR HALO LASER TREATMENT

I authorize Dr. Stacey Folk, Dr. Michael Bateman or a designated practitioner to perform a Halo Pro fractional laser treatment on the following area(s) of my body:

The Halo Pro fractional laser treatment uses hybrid technology of 1470 nm non-ablative laser and 2940 nm ablative laser to create controlled zones of coagulation to chosen depths into the dermis that stimulate neocollagenesis (new collagen) and fractionally vaporize (ablate) micro laser channels in the epidermis addressing tone and texture of the skin.

Review of facts about light therapy

- The 2940 nm Erbium YAG laser wavelength of Halo Pro is delivered through a focused scanning device that precisely removes channels of tissue by vaporizing (heating to high temperature) the water within tissue. The device has the ability to create micro channels while leaving the area around the channels intact.
- The 1470 nm laser wavelength of Halo is delivered through a scanning device that creates microscopic columns of wounded tissue that stimulates new collagen.
- Laser treatment procedures may produce scanning patterns visible on the skin. This event usually fades while in the healing phase.
- Light from a laser can be harmful to eyes and wearing special safety eyewear is necessary at all times during the procedure.
- A topical or local (block) anesthetic is used to lessen the sensation of the laser as it interacts with the skin. The sensation, while being treated, may feel like pin pricks, bursts of heat or similar to a sunburn. The type of topical and or injected anesthetics is at the discretion of the practitioner. There are known severe allergic reactions to ingredients in topical anesthetics. Patient's with known allergies to anesthetics will list them here: _____

Pre-treatment considerations

- If you have previously suffered from facial cold sores, there is a risk that this treatment could contribute to a recurrence.
- No one who has taken the medication Accutane or its generic forms within the last year may have this procedure.
- No one on anti-coagulants may have this procedure.
- Skin care or treatment programs may be used before and after laser skin treatments in order to enhance the results.

Treatment considerations

- The procedure necessitates a post treatment wound care regime that must be followed.
- The Halo Pro fractional laser treatment may produce pinpoint bleeding in the area of the channels. This event usually subsides in a few minutes to a few hours. More uncommon, it can persist up to 24 hours.
- Redness and exfoliation (flaking of skin) is associated with this procedure and may last from 3-4 days depending on the depth and concentration (percentage) of the laser channels of the treatment performed. You may notice a sandpaper texture and bronzing of the skin as the microscopic columns begin to heal. This is treated tissue working its way out as new skin is regenerated. Keeping the area moist with a light application of an occlusive barrier e.g. Aquaphor or Cicalfate Restorative Cream will aid in the healing process.

Common side effects and risks

- Edema (swelling) of the skin may occur and can be minimized by keeping the area upright.
 - Urticaria (itching) often times occurs as the old skin is shed and the new skin is being formed.
 - If any of the above symptoms intensify, your clinician should be notified. A cool compress placed on the area provides comfort. The treated area should be cared for delicately. Limited activity may be advised, as well as, no hot tub, steam, sauna, or shower use.
 - Discomfort, especially a sunburn feeling, may persist for a few days.
 - PIH or post inflammatory hyperpigmentation (browning) and hypopigmentation (lightening) have been noted with laser procedures. These conditions usually resolve within 2-6 months. Permanent color change is a rare risk. Vigilant care must be taken to avoid sun exposure (tanning beds included) before and after the treatment to reduce the risk of color change. After the skin has gone through its healing phase and is intact, sunscreen and / or sun block should be applied when sun exposure is necessary.
 - Infection is not usual after treatments; however herpes simplex virus infections around the mouth can occur following treatments. This applies to both individuals with a past history of the virus or individuals with no known history. Other signs of an infection can be a fever, purulent (pus) material, severe redness, swelling in the area, and skin that is hot to the touch. Should these symptoms occur, the clinician must be notified to prescribe appropriate medical care.
 - Allergic reaction is uncommon from treatment. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to cosmetics or topical preparations. Systemic reactions are rare.
- ☐ The potential risks and benefits have been explained of the Halo Pro fractional laser treatment along with alternative methods. I choose to have Halo Pro fractional treatment.
- ☐ I understand that compliance with pre and post care instructions is crucial for success of Halo Pro fractional laser treatment and to prevent unnecessary side effects or complications.

- ☐ I understand that there are many variable conditions which influence the long-term result of laser skin treatments. The practice of medicine and surgery and the subsequent use of laser is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained.
- ☐ I understand that the Halo Pro fractional laser treatment involves payment and the fee structure has been explained to me.

Photography

I do _____ or do not _____ consent to photographs and other audio-visual and graphic materials before, during, and after the course of my therapy to be used for medical, marketing, and education purposes. Although the photographs or accompanying material will not contain my name or any other identifying information, I am aware that I may or may not be identified by the photos.

Additional Treatment or Surgery Necessary - There are many variable conditions which influence the long-term result of laser skin treatments. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with these procedures. Other complications and risks can occur but are even more uncommon. Should complications occur, procedures, surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied on the results that may be obtained.

FINANCIAL RESPONSIBILITIES - The cost of laser skin treatment involves several charges for the services provided. This includes fees charged by your doctor, the cost of pre and post-operative skin care medications, surgical supplies, laser equipment and personnel, laboratory tests, and possible outpatient hospital charges, depending on where the procedure is performed. It is unlikely that cosmetic surgery costs would be covered by an insurance plan. Even if there is some insurance coverage, you will be responsible for necessary co-payments, deductibles and charges not covered. Additional costs may occur should complications develop from the treatment.

Disclaimer: Informed consent documents are used to communicate information about the proposed treatment of a disease or condition along with disclosure of risks and alternative forms of treatment. The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances. However, informed consent documents should not be considered all inclusive in defining other methods of care and risks encountered. Your physician may provide you with additional or different information which is based on all the facts in your particular case and the state of medical knowledge.

Informed consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

I have read and understand all information presented to me before signing this consent form. I have been given an opportunity to have all of my questions answered to my satisfaction. I understand the procedure and accept the risks. I agree to the terms of this agreement.

I CONSENT TO THE HALO TREATMENT AND I HAVE READ THE ABOVE LISTED ITEMS.
I AM SATISFIED WITH THE INFORMED CONSENT PROCESS

Patient or Person Authorized to Sign for Patient

Date

Witness

Date

LASER/BBL PRE-TREATMENT ADVISOR

- Avoided sun exposure for 2 weeks prior to procedure.
- No Accutane for at least 9 months.
- Avoid unnecessary medications that could increase photo-toxicity. Antibiotics such as tetracycline derivatives, Bactrim, and flouroquinolones are most common).
- Using Retin A, Clear, Blender, or Triluma for at least 2 weeks if fair skinned, 4-6 weeks if dark skinned prior to procedures is important to minimize hyperpigmentation.
- Take antiviral (Valtrex) if having Halo or ablative procedure (Profractional, MicrolaserPeel, or resurfacing) 1 day prior, day of procedure, and continue daily until gone. You must reschedule if you have an active cold sore.
- Continue to avoid sun for 2 weeks following BBL and/or Halo, and for 1 to 3 months after an ablative laser. Sunscreen use and physical barriers like a hat or visor are essential.
- Continued use of good skin care once healed will maximize and prolong results. All products can be used immediately following BBL treatments. Clear, Blender, and Triluma can be started 2 weeks following Halo and Retin A at 4 weeks. Timing varies after ablative lasers, so be sure you understand your specific instructions. In general, Hydroquinone products start 2 weeks after healed, and Retin A is gradually introduced 2-4 weeks later.

HALO LASER TREATMENT POST-OP INSTRUCTIONS

Physicians have used lasers for many years. There are many different methods for the surgical use of lasers. The Halo Pro Laser is a fractionated laser that uses hybrid technology of 1470 nm non-ablative laser and 2940 nm ablative laser to create controlled zones of coagulation to chosen depths into the dermis that stimulate neocollagenesis and fractionally vaporize (ablate) micro laser channels in the epidermis addressing tone and texture of the skin. For use of Halo non-ablative laser only, it does not vaporize the skin.

The Halo fractional treatment creates outcomes based on the aggressiveness of the treatment taking into account your skin concerns, the health of your skin and your individual healing ability. Due to this, patient response can vary after a Halo fractional treatment. Erythema (redness) and possible edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth and coverage of the procedure.

POST TREATMENT

- Redness is normal and expected. Redness generally increases in intensity the first few days after treatment with day 3 being most intense. Redness can persist for up to 7 days depending on the aggressiveness of the treatment.
- Pinpoint bleeding may occur. This can last for a few hours – 12 hours depending on the treatment depth and may be isolated to certain treated areas.
- Immediately after treatment, swelling is common and expected. Use of cold compress of ice packs will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment.
- The treated area may be extremely warm for 12-24 hours after the treatment. Cold compresses or ice packs may provide comfort during this time.
- On the 2nd or 3rd day after treatment, you will increasingly notice tiny dark spots and bronzed appearance to the treated skin. This is called MENDS (microscopic epidermal necrotic debris). In individuals with heavily pigmented skin, or in areas where sun damage has produced pigmented lesions, the microscopic wounds, known as MENDS, contain large amounts of melanin. Because there are so many MENDS, they can make the skin look bronzed and small areas appear crusted (do not try to scratch them off). This is part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture and will begin to flake and peel. If the face is treated, it could take 5-7 days for the peeling process to be completed. If the neck, chest or anywhere on the body was treated, this process could take up to 2 weeks.
- After the peeling process is complete, your skin will have rosy, pink glow that will gradually resolve. Your clinician will inform you and advise you of when make-up can be used and which kind.
- If an antiviral was prescribed for you, continue to take as directed.
- Post treatment discomfort may be relieved by over the counter oral pain relievers; i.e. Extra Strength Tylenol or prescribed pain medication if ordered by the doctor.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT scratch the treated area as scarring and pigmentation complications can occur.

POST CARE

- Immediately after treatment, your clinician may apply an occlusive barrier e.g. Aquaphor, Elta MD or another cream such as Cicalfate to the treated area and should be reapplied as needed to keep the skin moist. The use of moisturizer with petroleum may be sufficient on less aggressive treatments.
- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser; e.g. Cetaphil, beginning the most after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. DO NOT rub, scrub, use an exfoliant or a skin care brush e.g. Clarisonic in the treated area. Doing so could result in scarring and pigmentation complications.
- Moisturizer should be applied generously over treated area and reapplied whenever your skin feels dry. For severe dryness, add Elta MD or Aquaphor on top of your moisturizer or mix it in with it.
- Peeling and flaking generally occur within 24 hours post treatment and should be allowed to come off naturally. DO NOT PICK, RUB, OR FORCE OFF ANY SKIN DURING THE HEALING PROCESS, THIS COULD RESULT IN SCARRING, PIGMENTATION COMPLICATIONS AND INFECTION! Gently washing the skin more frequently will help to promote the peeling process.
- Sunscreen is a MUST and should be used daily beginning the day of treatment and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If pigmentation can / will occur. Sun exposure should be avoided for 2 months post treatment.
- Typically after the peeling process is complete, make up can be worn.
- When showering in the next few days, be sure to avoid getting shampoo directly on the treated area. You may consider taking your shower with the back of your head to the water to avoid directly hitting your face with the full force stream of the water.
- Avoid strenuous exercise and sweating until after skin has healed.

Stacey Folk, MD
303-321-6608
www.FolkPlasticSurgery.com

Additional instructions: _____

WARNING

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infections include:

- Drainage – looks like pus
- Increased warmth at or around the treated area.
- Fever of 101.5 or greater
- Extreme itching

Omni Recovery Kit

After Halo Laser

Core Recovery Complex - Is a very concentrated growth factor mix that will be applied immediately after your procedure. If there is product remaining (the vial contains 4ml total) apply this to your skin immediately after your first shower. You can draw it up with a needles 1ml syringe. Then cover with your Protective Recovery Balm. Repeat the next days if you still have product left.

Protective Recovery Balm - contains peptides to aid in healing, and can be used as a thin layer to moisturize your lasered skin. You might want to use this for the first 1-3 days.

Omni-Plex spray - Is a mixture of 90 peptides and vitamins, which will also aids in healing and collagen formation. It does sting, so do a test spot before spraying your entire face. This should also be applied immediately after a shower or washing so it can reach the surface of your skin. Consider starting this at about day 3, and can be continued until gone.

Boost Recovery Mask - Is a mixture of growth factors, peptides, and moisturizers. Use this when your skin is completely healed but still dry and tight. Don't waste the goop in the bottom of the package (precious stuff!). You can put this on your neck, chest, or other areas.

Rinseable Azulene Cleanser - can be used to wash your skin. It does contain wheat germ oil.

